



**Under the direction of
Carol Baker-Fulco, MS, RD**



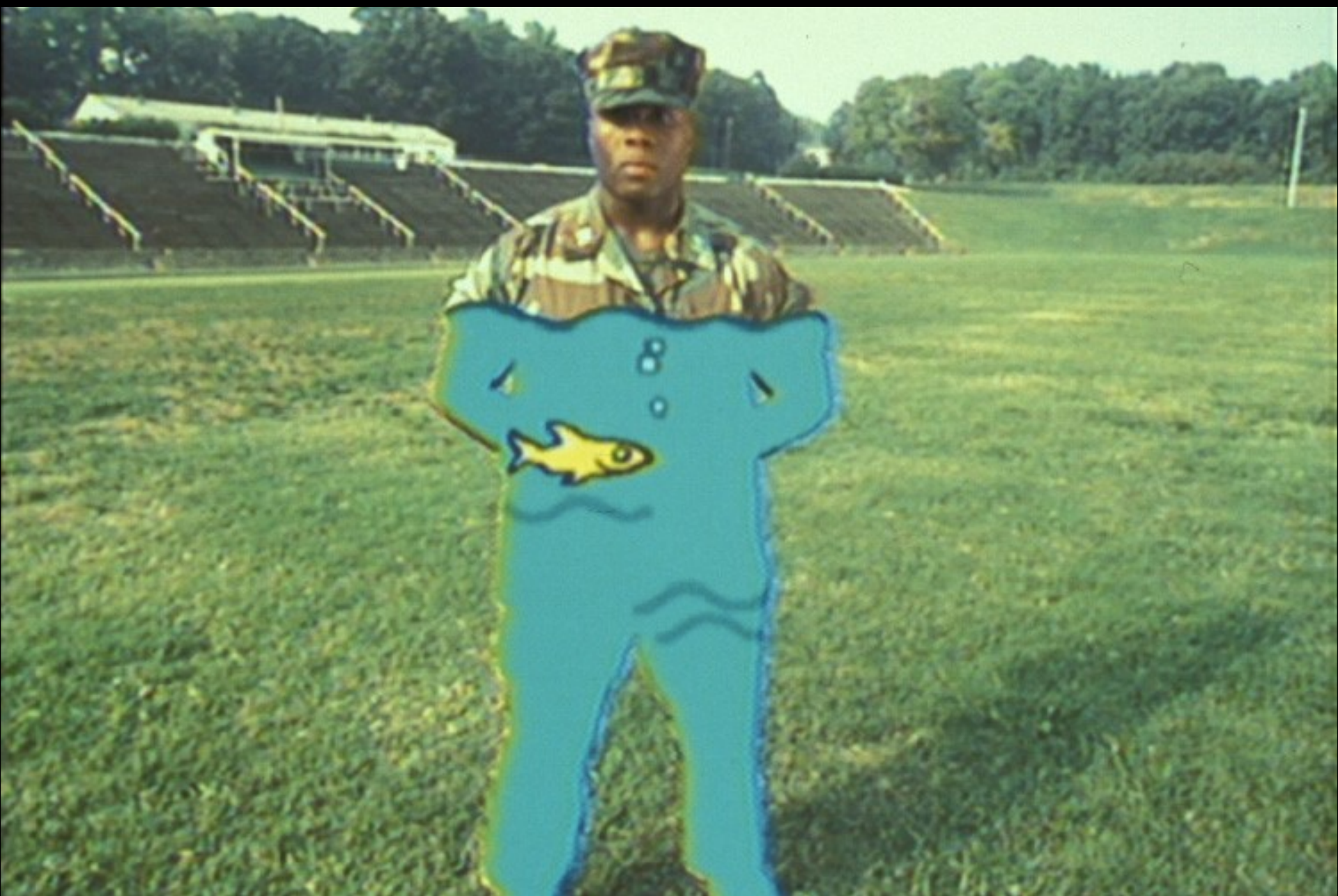
Fluids - Your Key To Performance

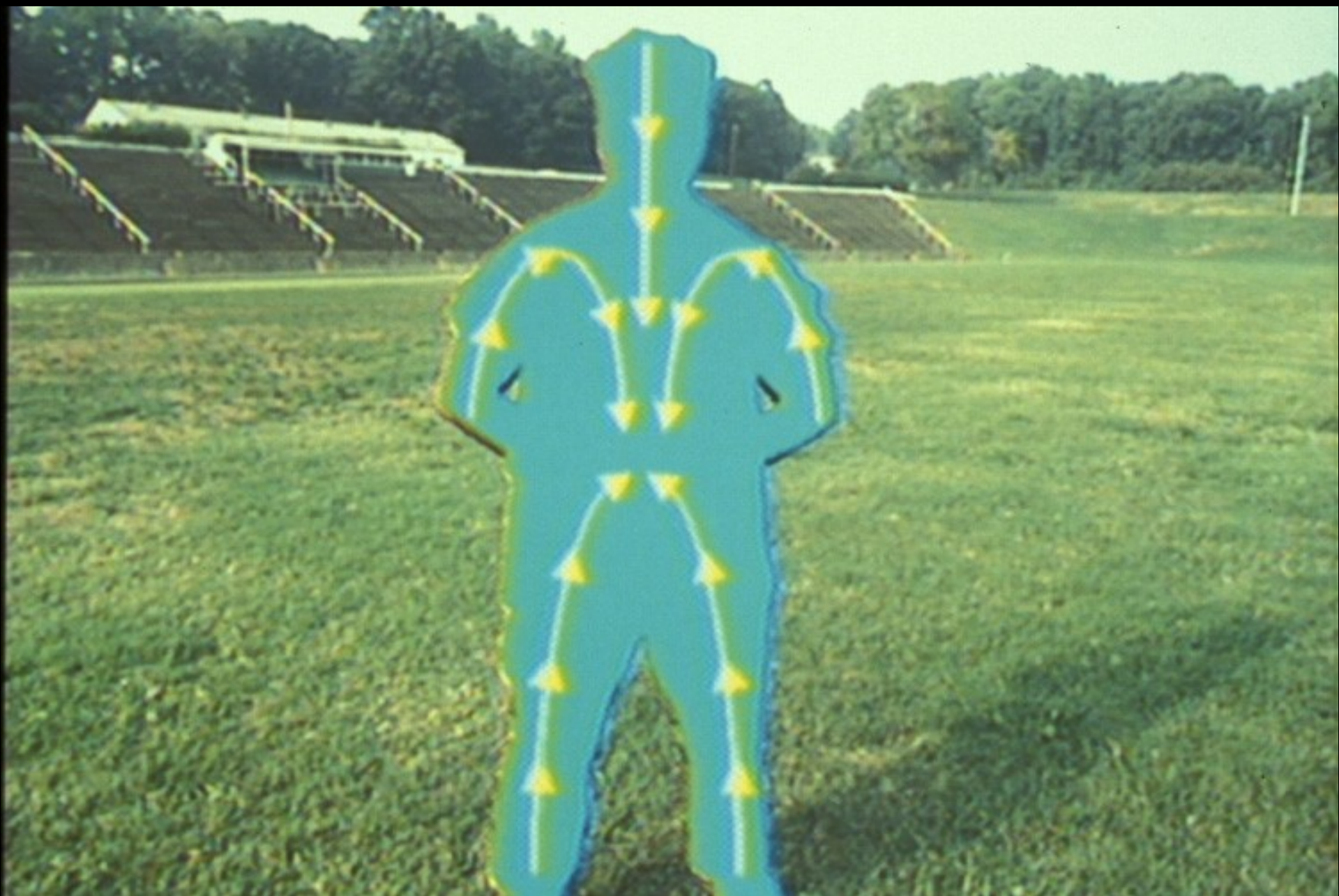
POWER

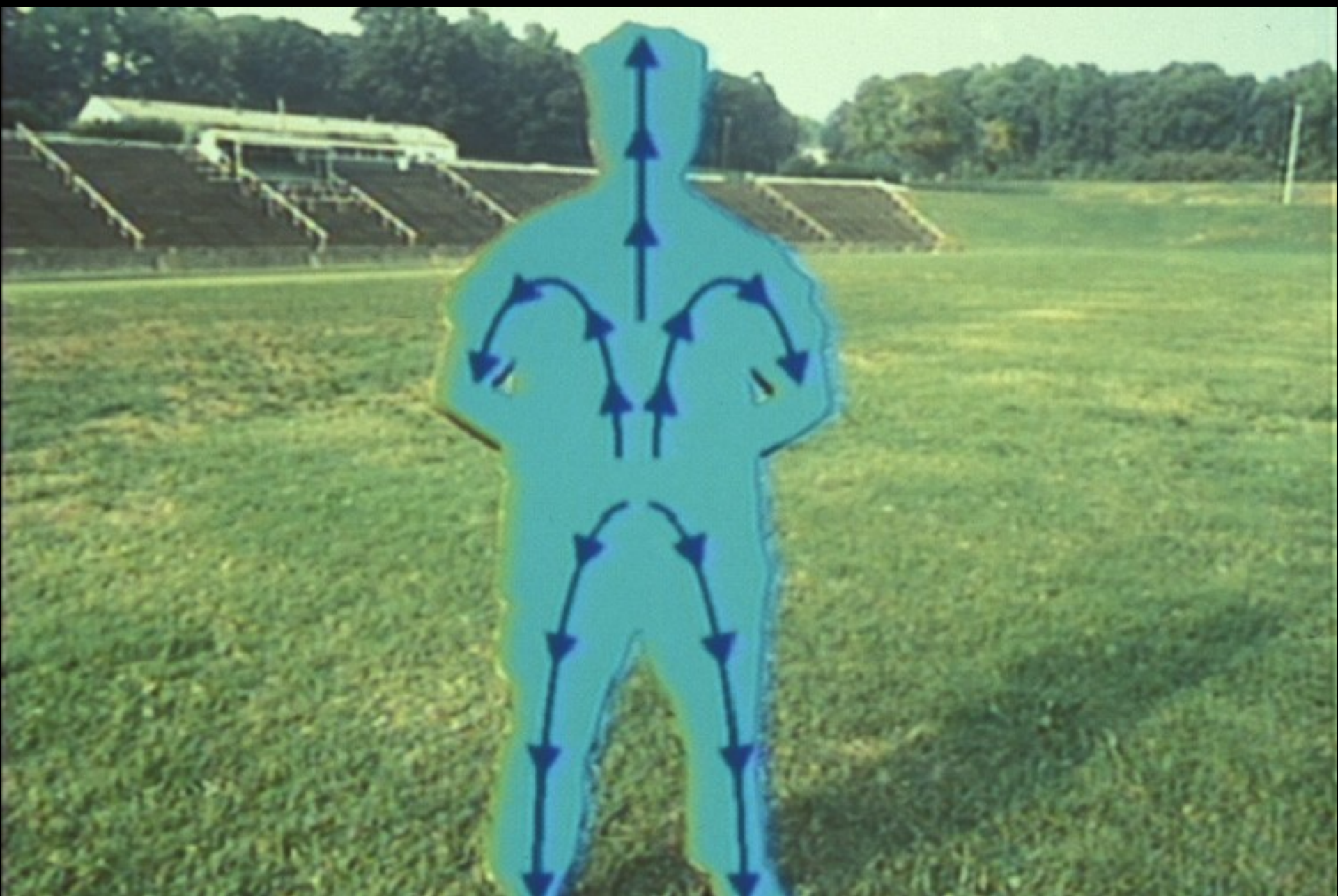
PERFORMANCE

THE NUTRITION CONNECTION



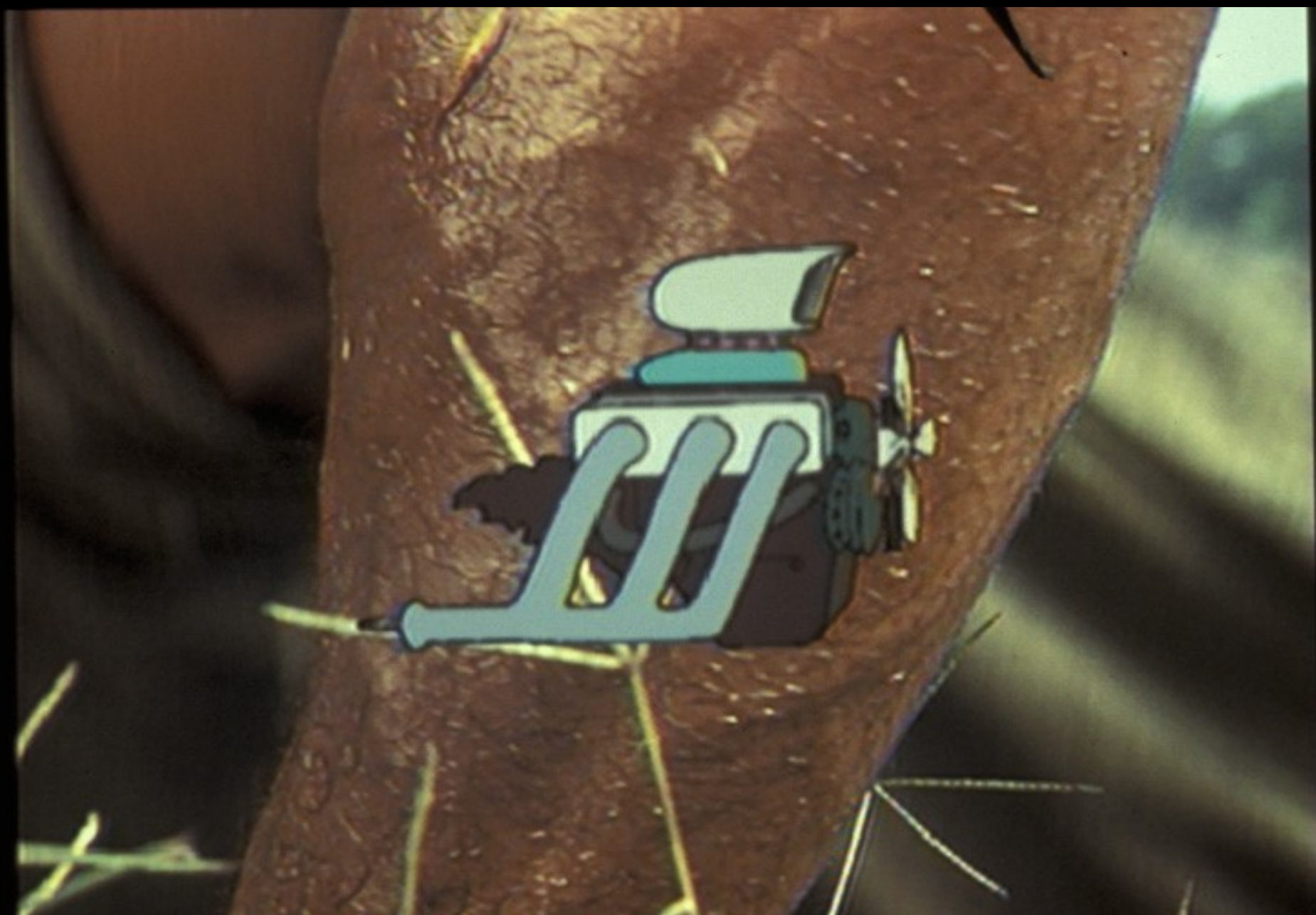


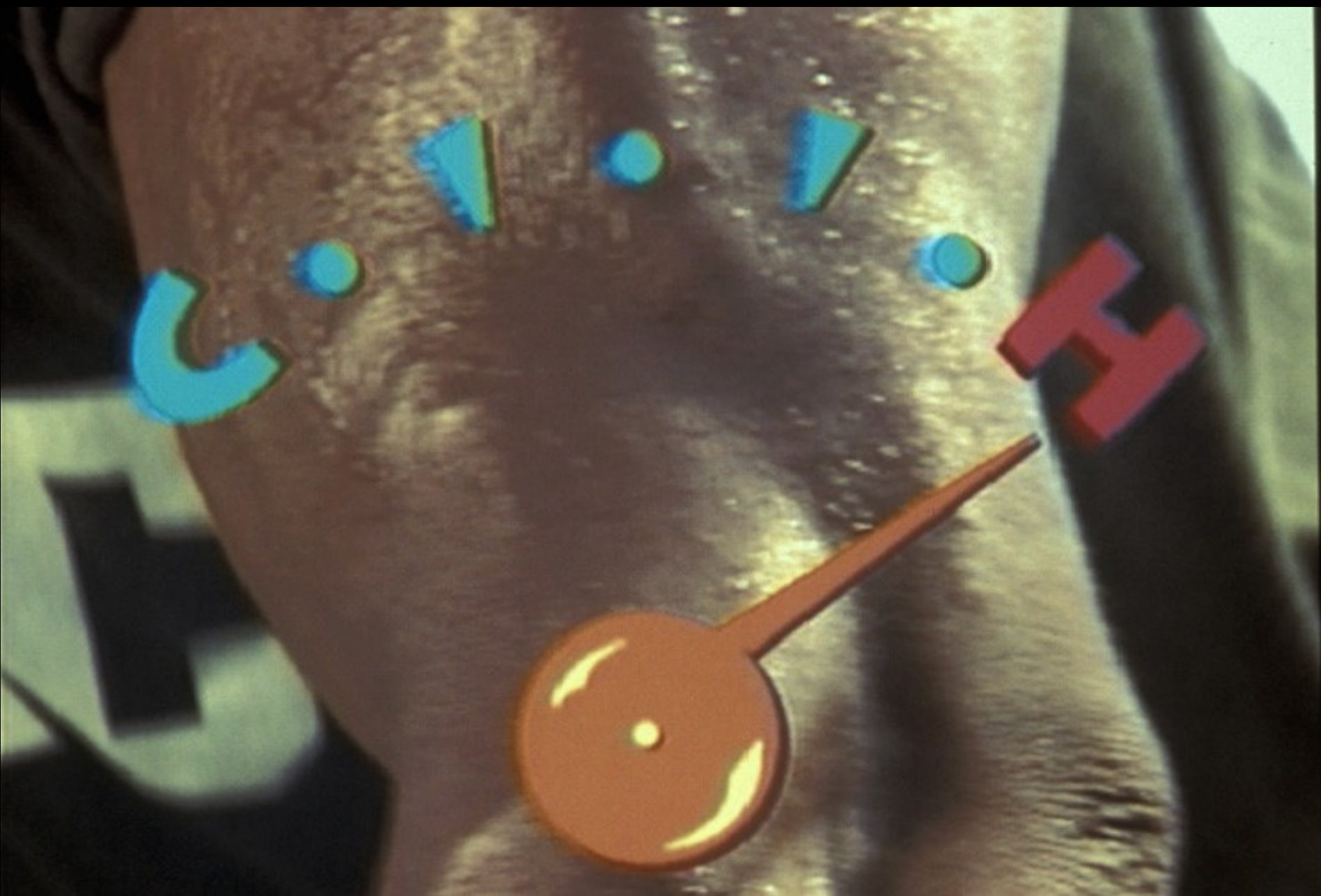


















HYDRATED

A man in military camouflage gear, including a cap and a tactical vest, stands with his hands on his hips in a grassy field. In the background, there are bleachers and a line of trees. The word "DEHYDRATED" is overlaid in large, bold, orange letters with a black outline across the lower portion of the image.

DEHYDRATED





**1 Hour Exercise
= 2 - 4% Water
Weight Loss**

**170 LB. MAN-
4 LBS. WATER LOSS
IN A MORNING**





A photograph of a line of soldiers in profile, facing left. They are wearing green uniforms. The image is used as a background for text overlays.

2-5% Weight Loss

Thirst

Fatigue

Loss of Appetite



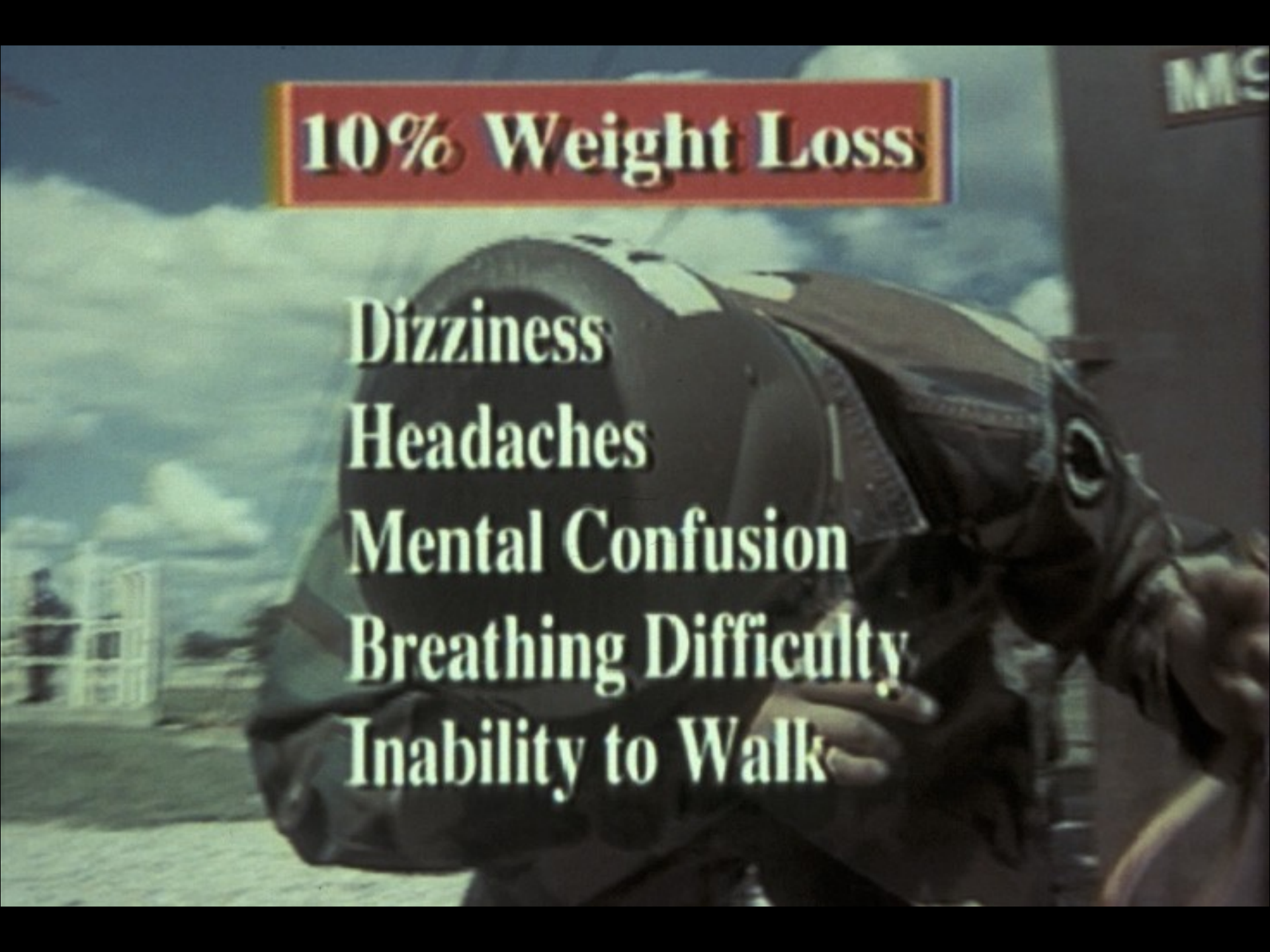
2-5% WEIGHT LOSS

HIGHER RISK OF INJURY

WEAKENS ENDURANCE

STAMINA

SPEED

A person wearing a gas mask is shown in a state of distress, clutching their chest. The background is a cloudy sky. In the top right corner, there is a small logo that reads "MIS".

10% Weight Loss

Dizziness

Headaches

Mental Confusion

Breathing Difficulty

Inability to Walk



Higher Than 10%

**Heat Stroke
Kidney Failure
Death**











Before Activity



Every 10-15 Minutes



A photograph of soldiers in a trench, with two black mugs in the foreground. The soldiers are wearing camouflage uniforms and helmets. The background shows trees and a clear sky. A red rectangular box with a gold border is positioned in the upper center of the image, containing the text "After Activity".

After Activity

1LB =

Daily



dehydrated

hydrated





ELECTROLYTES











**AFTER
EXCERCISE**



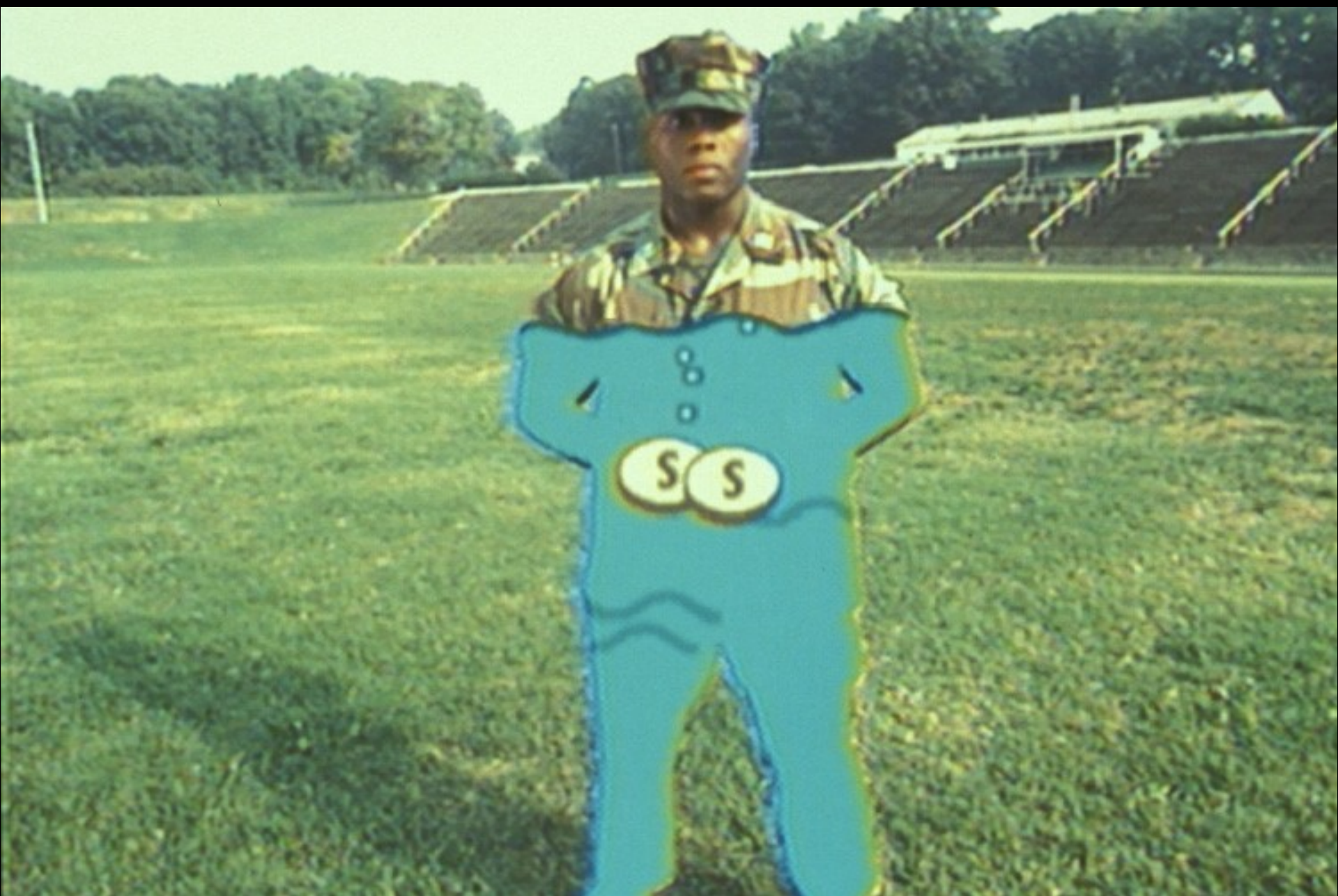












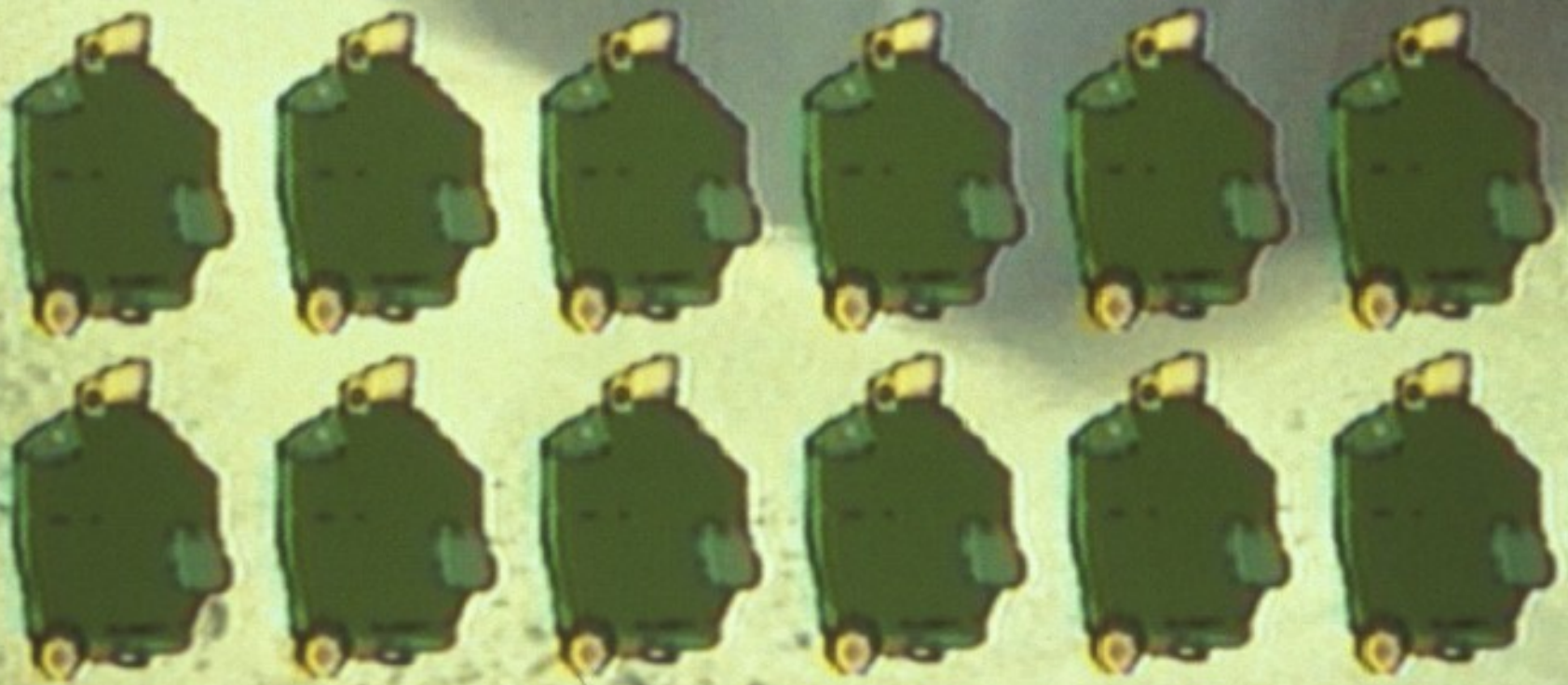








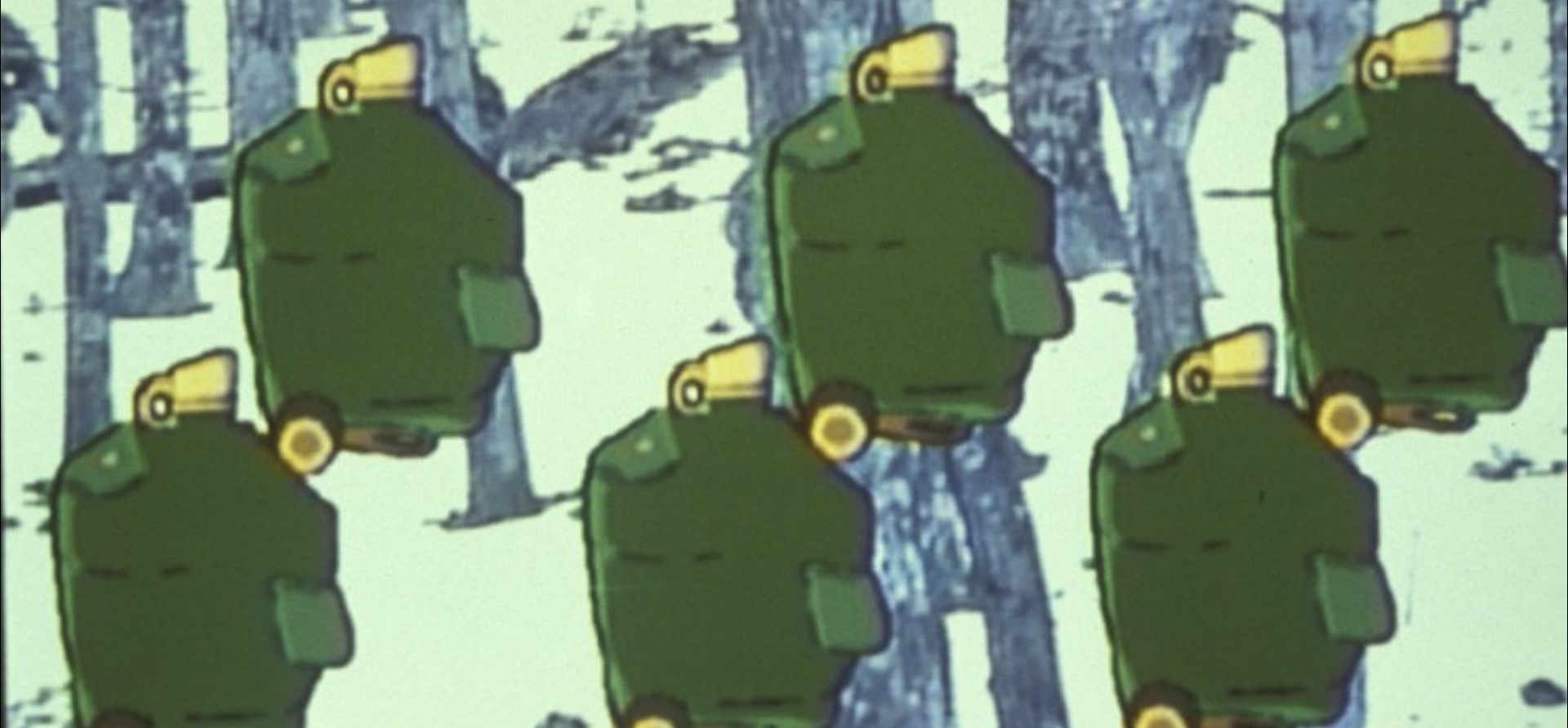
Per Day







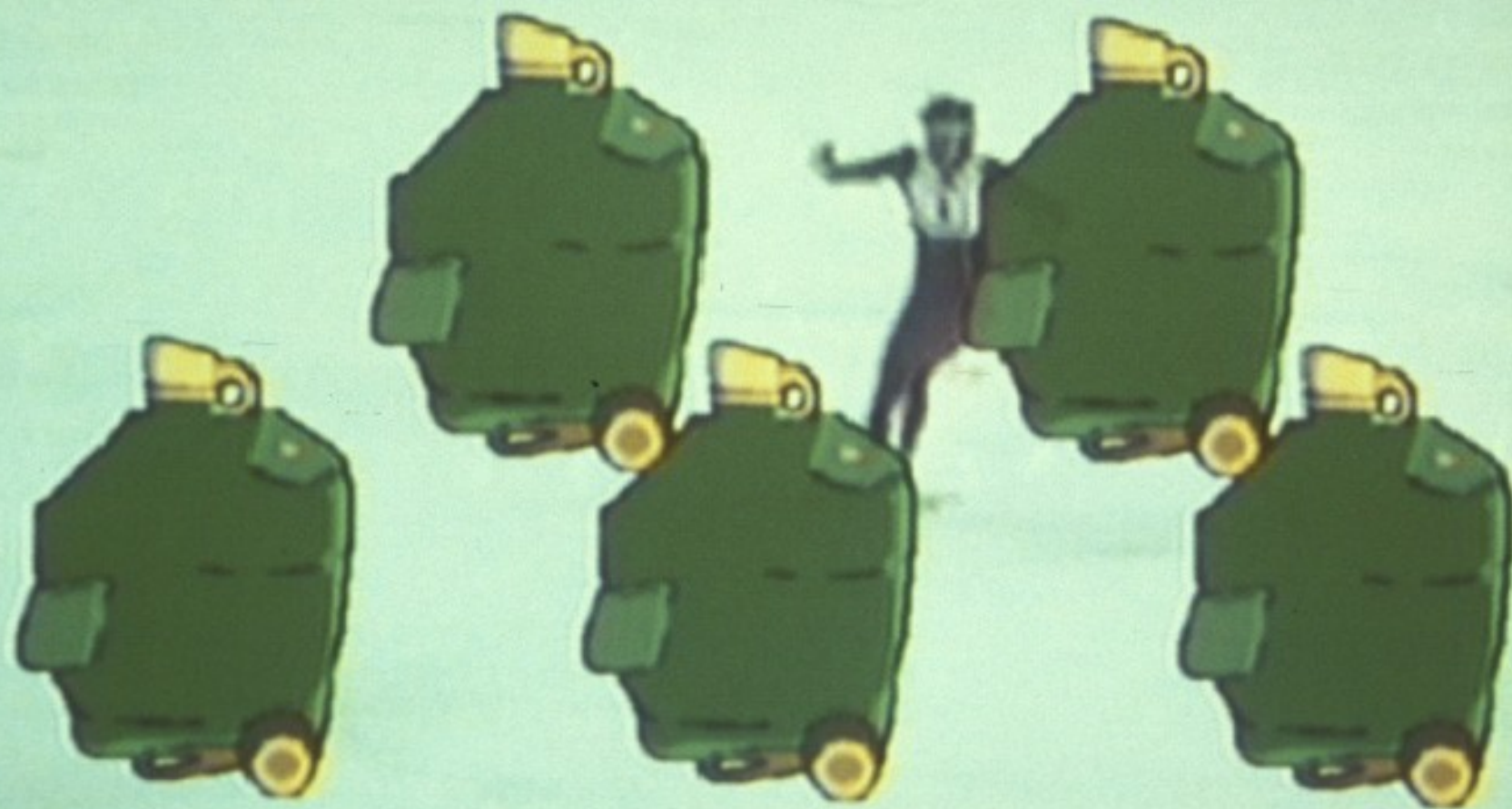
Per Day














**Drink Before,
During and
After Exercise**

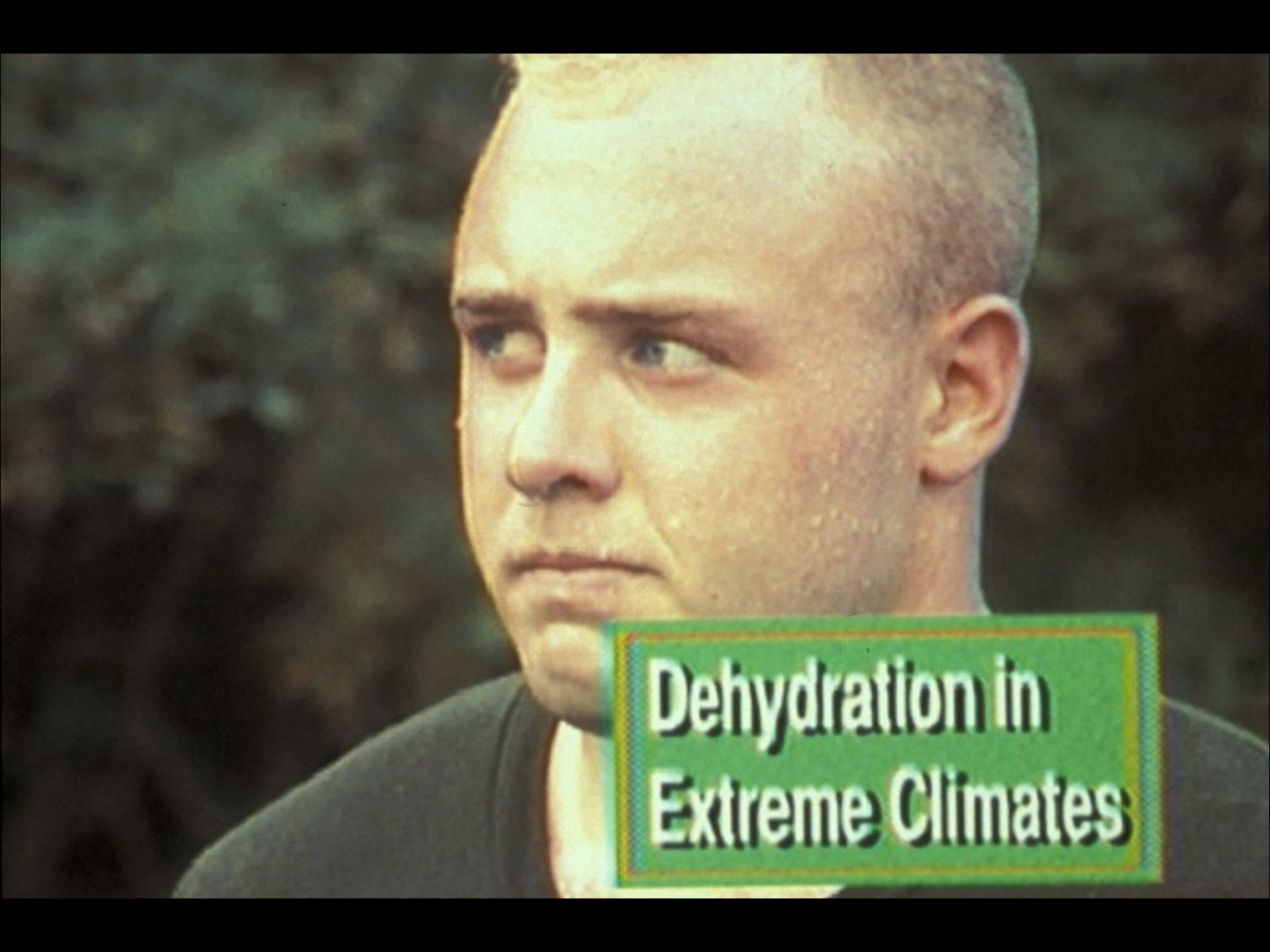


A close-up photograph of a soldier in camouflage gear. The soldier's face is partially obscured by their hand, which is pressed against their eyes and nose. The soldier appears to be in a state of distress, exhaustion, or perhaps is crying. The background is slightly out of focus, showing a white vehicle and other soldiers in a field setting. A green rectangular text box is overlaid in the bottom right corner of the image.

**Drink Before
Thirst**

**Water
Best Fluid
Replacement**





Dehydration in Extreme Climates



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